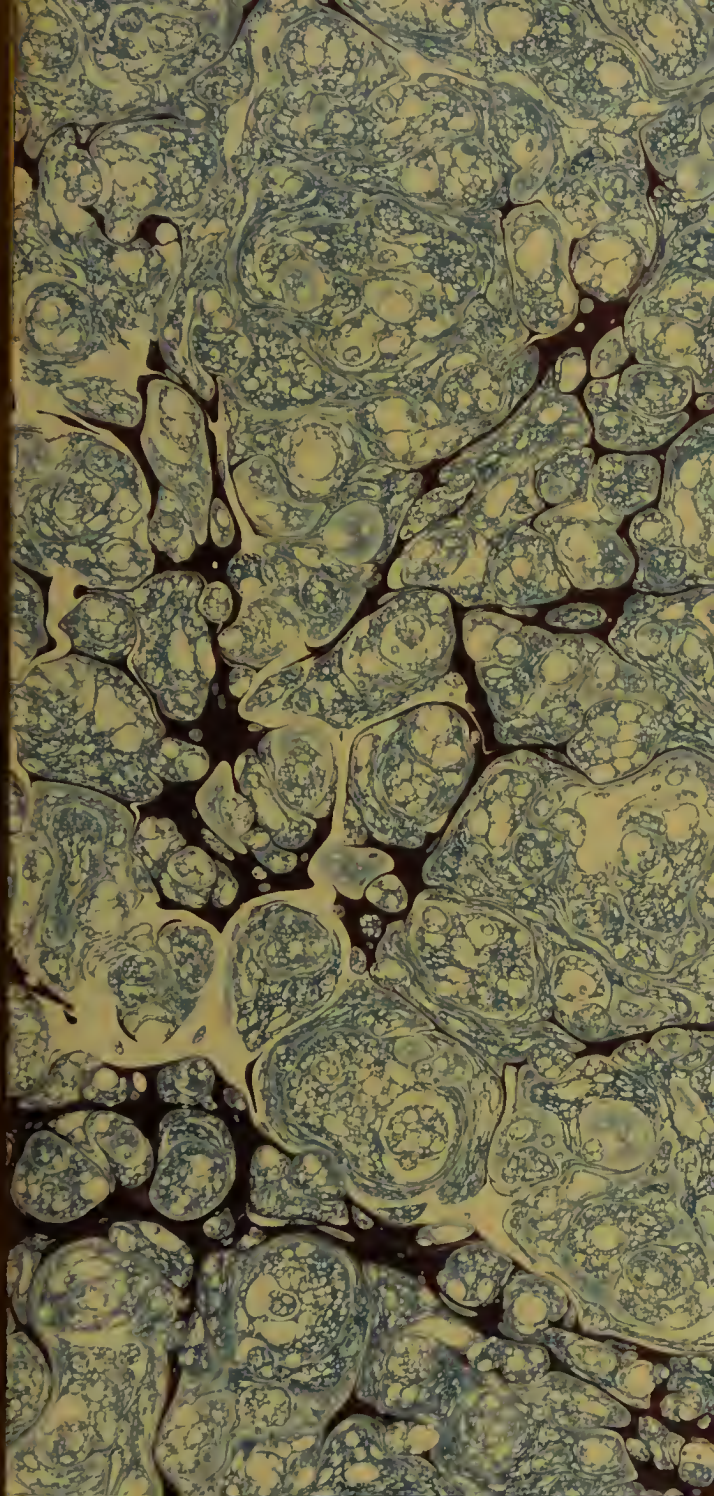




Handwritten text at the top of the page, possibly a title or header.

Five Minutes' Advice
ON THE
BATH WATERS.



Dryden Hoagbe, Lith. to the Queen.

INTERIOR of the GRAND PUMP ROOM, BATH.

Five Minutes' Advice

ON

DRINKING THE BATH MINERAL
WATERS,

AND

BATHING.

WITH A LIST OF THE PRINCIPAL COMPLAINTS AND
DISEASES FOR WHICH THESE CELEBRATED
HOT WATERS ARE MORE DECIDEDLY
EFFICACIOUS.

"For want of timely care,
Millions have died of medicable wounds."
ARMSTRONG.

Illustrated with two Lithographic Drawings.

SECOND EDITION.

BATH:

SIMMS AND SON.

MAY BE HAD ALSO OF ALL THE BOOKSELLERS, AND AT THE PUMP-ROOMS.

LONDON: D. BOGUE, FLEET STREET.

1843.



Preface.



O direct more attention to the Medicinal Virtues of the Mineral Waters of Bath, and to their successful employment for the cure of a numerous class of diseases, — advantages which are daily experienced by the poor of our city — while to the higher and wealthier classes they are comparatively little known ; and to guide to their proper use those who resort to them as a restorative of health, are the immediate objects of this little Work. A perusal of

its pages will show, that most of the advantages held out by the Continental Spas, may be found at home; with the additional advantages of greatly increased comfort, and freedom from the annoyance and expense attendant upon distant travelling, frequently so prejudicial to persons in delicate health.

BATH, JUNE, 1843.

The Author has to acknowledge his obligations to several Works on the value of Mineral Waters, more especially to a recent Treatise on the German Baths, by EDWIN LEE, Esq., M.R.C.S., and to an Essay on Bathing, &c., by Sir ARTHUR CLARKE.

Five Minutes' Advice,

&c.

“ Vous sortez des Eaux de Bath, rajeuni comme un phénix; la jeunesse y devient plus belle, plus brillante, et l'âge y trouve une nouvelle vigueur.

CHAPTER I.



HILST the Medical Faculty of Germany testify, in the strongest terms, to the great value of Mineral Waters, as a safe and certain remedy for a large class of diseases; and although thousands of English are annually, at a great expense and inconvenience, seeking in the Hot Springs of the Continent restoration to

health ; — still, in this country, much ignorance prevails respecting the power and use of these agents, in combating many of the most painful maladies which afflict the human frame.

The vast number of Invalids, who, after resorting to the Mineral Springs of the Continent, have returned greatly relieved, or altogether cured, having previously exhausted in vain the ordinary resources which medicine and medical treatment afford, is a fact forced upon our attention, and tending greatly to dissipate the ignorance and prejudice existing on this subject in England, a country possessing valuable thermal Springs, many of which closely resemble, and in medicinal virtues rival, the most esteemed Spas of Germany. Amongst our native Spas the Mineral Springs of Bath indisputably hold the pre-eminence, and may justly claim to be entitled "THE SPA OF ENGLAND."

BATH, AND ITS HOT MINERAL SPRINGS
AND BATHS.

ERHAPS the most celebrated and ancient Springs in Europe, are those of Bath, said to have been discovered 863 years before Christ; but their high reputation rests not merely on their great antiquity. They are distinguished especially for their singular virtues—their high and unvarying temperature—and their vast supply of Mineral Water. The Springs are three in number, and pour forth respectively 128, 120, and 112 gallons per minute.

Although the experience of ages has proved their powerful effects upon the human constitution, and their sanative influence when properly employed, yet neither their nature nor the cases

to which they are applicable are so generally known as, for the benefit of suffering humanity, might be desired. It is impossible here to give more than a few general observations on their character and value ; but such may be acceptable to persons unacquainted with the potent efficacy of these Hot Mineral Springs.

THE City of Bath has been celebrated from remote antiquity for the beauty of its situation and the salubrious properties of its Springs. As a Spa it presents many features of resemblance to the equally celebrated one at Baden-Baden, lying at the bottom of a rich valley, encompassed by a triple circle of hills rising higher the farther they are removed from the city. But the valley here is wider and more circular in form than that in which the German Bath is seated ; and the nearer hills are more imposing and grand, from the greater number of striking buildings with which

they are studded, as well as from the beautiful verdure, the gardens, parks, and plantations, which decorate their surface ; while the mild and fertilizing breezes of the west, breathing forth their influence on its winding valley, impart health to its occupants and fertility to the soil.

Those who do not visit Bath to use the Waters, or whose cases do not come within the range of their utility, will here find advantages and resources not to be found elsewhere ; and the invalid, whilst enjoying the pure air of the country, has, brought within a small circle, all the elegant amusements, gaieties, and resources of the Metropolis. Thus the Concerts, Balls, Musical Promenades, Theatre, Libraries, Park, and Pump-Rooms, offer continual attractions during the various portions of the Season ; while the varied aspects, surface, and temperature, which Bath so singularly presents, secure benefit to the aged, the consumptive, the constitutional invalid, and the convalescent

from recent disease. Bounded as it is by hills richly wooded, it is effectually protected from the cold northern and easterly winds; whilst, in the warm months, the neighbouring Downs afford invigorating breezes, to be enjoyed either by the equestrian or pedestrian. On all sides it tempts the Visitor, whether he select the level portion of the valley, or mount the heights and regard the magnificent prospect extended at his feet:—

——— “The rural wilds
Invito; the mountains call you, and the vales;
The woods, the streams, and each ambrosial breeze
That fans the ever-undulating sky.”

THERE are two Pump-Rooms — the GRAND PUMP-ROOM situated in the Abbey Church Yard, and the HETLING PUMP-ROOM at the extremity of Bath Street. The former is a splendid Room of very large dimensions, and under the management of the present Lessees has been fitted up with considerable taste and judgment;

numerous Classic Statues, Pictures, and Ornamental Stands for Minerals, Plants, &c. &c., and other embellishments, having been introduced. It is also furnished with a most excellent Band, whose daily Promenade Concerts, à la Musard, during the Winter Season, attract numerous and fashionable audiences. The other is a smaller but equally commodious Room, well suited for the Invalid preferring quiet.

The Waters, which are far from unpleasant, having only a slight chalybeate taste, and when first drawn perfectly transparent, rise from two distinct Springs, and, though varying slightly in temperature, being at the Great Pump-Room 114° Farenheit, and at the Hetling Pump-Room 117° , are still similar in quality, little perceptible difference being discernible after the most rigorous analysis.

THE following is an Analysis of the Waters,
made by the celebrated German chemist
Walcker.

The solid ingredients contained in 1000 grains
of Bath Water amount to —

Potassa	0.02256
Soda	0.23591
Lime	0.56894
Magnesia	0.08175
Protoxide of Iron	0.00213
Alumina	0.00215
Silica	0.04610
Carbonic Acid.....	0.08609
Sulphuric Acid	0.85471
Chlorine	0.27017
	2.17051
From which are to be deducted	0.06104
As the equivalent of oxygen for 0.27017	} 2.10947 gr.
of chlorine, leaving.....	

The above ingredients arranged into binary combinations, according to the predominant chemical affinities, present the following results :

	1000 gr.	In 1 pint. (34.659 cub. inch.)
Chloride of Sodium.....	0.21560	1.89031
———— Magnesium.....	0.19018	1.66744
Sulphate of Potassa.....	0.04173	0.36588
———— Soda	0.27618	2.42145
———— Lime	1.16371	10.20303
Carbonate of Lime	0.15208	1.33339
Proto-carbonate of Iron	0.00347	0.03042
Alumina	0.00215	0.01885
Silica	0.04610	0.40419
Extractive matter	„	„
	2.09120 gr.	18.33496 gr.
Carbonic Acid Gas } At 114° temp. {		0.05 cub. in.
Atmospheric Air }		1.74 cub. in.

The water for the purpose of the above careful Analysis, was from the Pump in the Grand Pump-Room; drawn and bottled with much precaution, under the kind and immediate superintendence of Mr. R. F. GEORGE, M.R.C.S., of Gay-Street, Bath.—*See Quarterly Journal of Science.*

DIRECTIONS FOR PATIENTS IN THE USE
OF THE WATERS.

On the Internal Use of the Bath Waters.



IN Rheumatic, Gouty, and Paralytic affections, the internal use of the Bath Waters is recommended; also, in all Disorders originating in Indigestion or Acidity of the Stomach; in Biliary and Glandular Obstructions; in Hypochondrical and Hysterical Affections; in the disordered state of Health, with impaired digestive powers, often experienced by inhabitants of London and other large commercial cities, and by those who have resided long in Tropical Climates; and in short, in almost every disease accompanied with debility and unattended with inflammation.

The period usually recommended as a fair trial of the waters is six weeks, which is generally sufficient at one time. Many disorders, however, require them to be resumed after a lapse of two or three weeks; but as this must altogether depend on the nature and violence of the malady, it is impossible to lay down any fixed rules.

Their use is also most beneficial where bitters, food, and every thing else taken into the stomach, have been rejected; they warm and comfort the stomach, act as a gentle stimulant and bracer to the relaxed fibres, and promote that natural appetite to which the dyspeptic patient has long been a stranger.

Sir George Gibbes, Dr. Spry, Dr. Barlow, and other distinguished physicians, bear ample testimony to the benefit dyspeptic patients derive both from their internal and external use; and Dr. Falconer observes, that “every medical practitioner at this place has seen instances of people,

labouring under want of appetite, pain, and spasm of the stomach and bowels, together with all the other symptoms of depraved digestion and want of power in the proper organs to perform their functions, joined to a very great degree of weakness, both of the body and of the spirits, relieved by the use of the Bath Waters. The recovery in such cases is particularly remarkable for its taking place so quickly after the commencement of the trial of the remedy. A few days will frequently work such a change in the situation of the patient as would be scarcely credible, were it of less common occurrence."

On the External Use of the Bath Waters.

WARM Bathing is highly beneficial in all Paralytic, Gouty, Rheumatic and Chronic Affections; in all Contractions or Lameness arising from the above Disorders; in Sprains, or Local

Injuries, from whatever cause, if unattended with Inflammation; in Cutaneous Diseases; in Biliary and Glandular Obstructions; and most decidedly in Uterine Affections.

Dr. Granville, after remarking upon the efficacy of the Waters in the above named complaints, adds, — “There is another class of diseases, not mentioned in the foregoing enumeration of those benefited by the Bath Waters, which ought not to be forgotten, or passed over lightly. I allude to those referable to the female constitution. During nineteen years incessant practice as an accoucheur in the Metropolis, I can safely aver that I have had reason to be highly satisfied on very many occasions with the Bath Waters, employed in more than one way. Indeed, Baden-Baden, does not, in my opinion, afford better results in such cases, although so much vaunted on that score; and Tunbridge Wells Water is decidedly inferior to it.”

The Warm Bath, discreetly used, does not relax the body, diminish the strength, or exhaust the spirits, even in persons previously reduced and greatly weakened by disease; for, after remaining twenty or thirty minutes, they come out of the Bath refreshed, and their spirits lighter and more cheerful. Dr. Lucas, alluding to their external use, says, "The Bath Waters, from the nature of their contents, are found particularly beneficial in a relaxed state of the fibres, by bracing and strengthening the solids."

The following is a list of the Patients admitted into the Bath General Hospital (an asylum instituted for the gratuitous exhibition of these waters) during the three years ending May 1, 1843—the diseases with which they were afflicted—and their state when discharged.—The total number admitted was 1610.

DISEASES.	CURED.	MUCH BETTER.
Rheumatism	212	324
Paralysis	23	218
Ditto, from Lead	48	31
Cutaneous diseases	143	108
Lameness and weakness of the limbs, from tumours, contusions, colds, falls, &c }	5	10
Sciatica and Lumbago	68	47
St. Vitus's Dance.....	11	—
Visceral Obstructions.....	1	3
Contractions and Rigidity of the Limbs	15	52
	526	793

Of the remainder, many were cases not adapted for the use of the waters, and some were dismissed as incurable.

For a great variety of Local Diseases, in which the use of the Bath is recommended, other means are frequently added, such as Pumping on the part affected, either in or out of the Bath, &c.

The accommodation for Bathing in the Bath Waters equals, perhaps excels, that afforded by any similar establishment. The liberality of the Corporation, in adopting every improvement

which science could suggest and money procure, together with many recent and important additions, introduced by the Lessees, Messrs. Green and Simms, have rendered the suite of Baths and Pump-Rooms the most complete and elegant in Europe.

THE BATHS.

The Queen's Baths.



THE larger Bath is sixty-six feet long, by forty-one feet wide; it is filled daily to the height of four feet seven inches, and contains somewhat more than three hundred and fourteen tons of water. The spring in the centre of this Bath gives out three hogsheads of water per minute, at the temperature of one hundred and sixteen degrees Fahrenheit.

The smaller Queen's Bath, adjoining this, is supplied from the same spring; it is twenty-five feet square.

Four Private Baths are also supplied from this spring; each Bath being above ten feet long, by six feet wide, and containing thirteen hogsheads of water.

New Royal Private Baths.

OF these there are seven, fitted with white marble and glazed white tiles. Each contains more than fourteen hogsheads of water, which flows in under the eye of the bather in about five minutes. To every Bath there is a separate Dressing Room, elegantly furnished. To one of them is appended a Crane Chair, for Patients who are incapacitated from assisting themselves in the Bath. A most excellent SHOWER

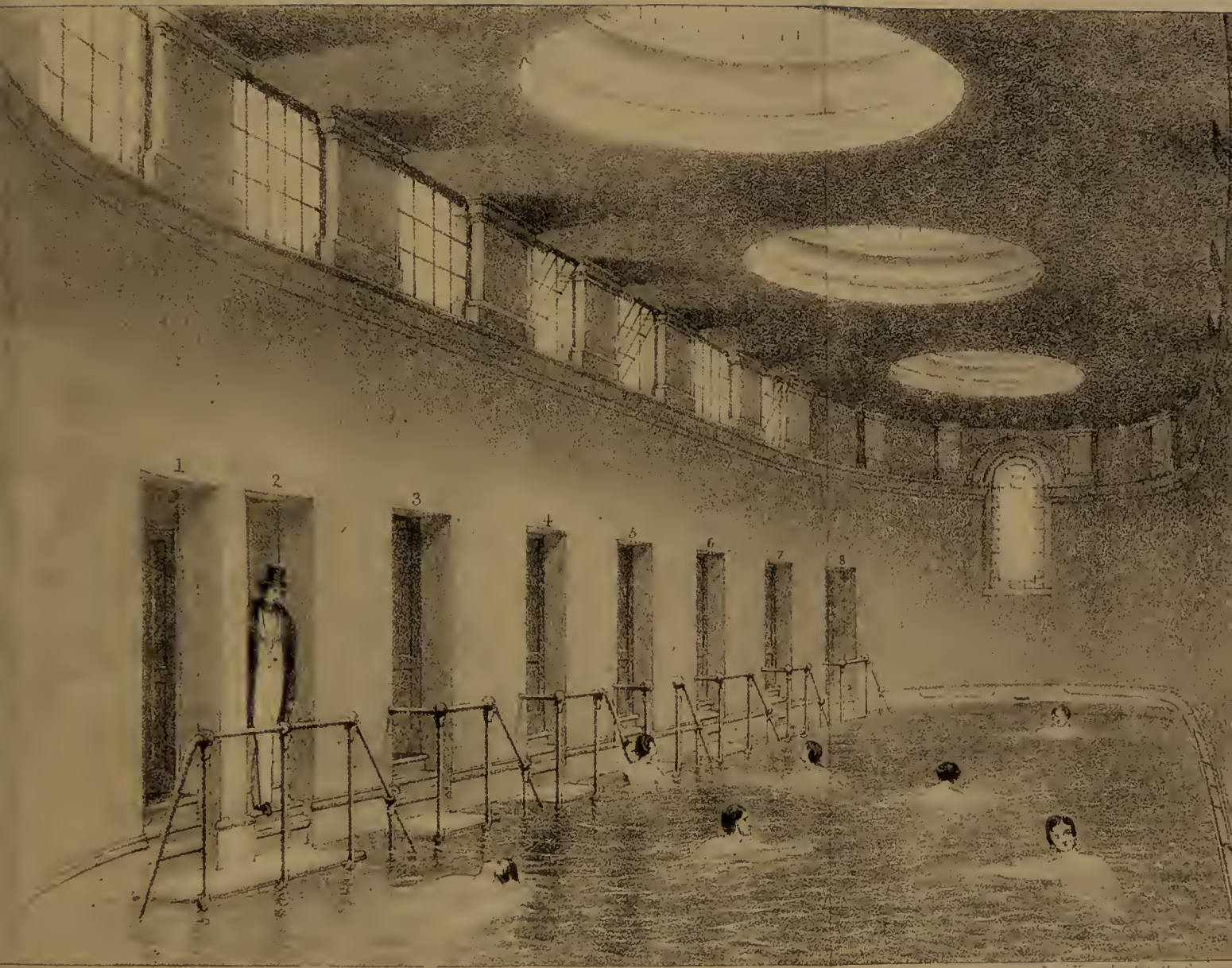
BATH, at any temperature, and a DOUCHE,* are also among the arrangements, and a most complete Lavement Apparatus.

This Establishment also affords Reclining and Vapour Baths of a very commodious description.

Tepid Plunging and Swimming Bath.

TEPID Bathing seems, from experience, to be the best adapted to the purposes both of cleanliness and healthy exercise. That a due attention to a strict purity of person is not sufficiently attended to in this country cannot be denied. The permitting the impurities, thrown out by the vessels of the skin, to accumulate for a long time on the surface, and thus to obstruct perspiration,

* A DOUCHE BATH is a stream of water which is applied with considerable force to diseased parts, and the arrangements for this particular application of the Waters are upon a very superior plan.



View of the Bath from the Green

THE SWIMMING BATH, GREEN, LONDON. THE SWIMMING BATH, GREEN, LONDON.

BATH.

is justly ascribed as the cause of numerous cutaneous and other diseases, most or all of which might have been prevented, as they are now constantly cured, by simply resorting to the Tepid Bath : —

—— “ The man of no complaint demands
The warm ablution just enough to clear
The sluices of the skin, enough to keep
The body sacred from indecent soil.
Still to be pure, ev’n did it not conduce
(As much it does) to health, were greatly worth
Your daily pains. ’Tis this adorns the rich ;
The want of this is poverty’s worst woe ;
With this external virtue, age maintains
A decent grace ; without it, youth and charms
Are loathsome.”

It was to afford this healthful comfort and simple luxury to the Visitors and Residents of this City, that the *Tepid Swimming Bath* was, some years ago, erected at a large expence ; being the most spacious and elegant of the kind in the kingdom.

A beautiful building, of Grecian architecture, encloses the Bath, which is entirely secluded ;

there being no access but by Dressing Rooms, of which there are eight, replete with every possible comfort. The Bath is 62 feet long and 23 feet wide, and contains 670 hogsheads of water at the temperature of 88 degrees :— it is daily refilled.



CHAPTER II.

——— The Springs

Gush up from depths unknown ; but, at their source
In the deep caves of Earth, a Spirit dwells,
Who, like Bethesda's Angel, to the water
Gives a most healing virtue.

ADVICE TO INVALIDS DRINKING THE
WATERS.

HAVING determined on a Course of the Waters, the Patient would do well first to employ a mild aperient.* It will then generally be better to begin at the Hetling Pump, the Water

* For this purpose the Family Aperient Pill, prepared by Messrs. Davies, Green and Co., is recommended.

there being somewhat milder in its action; to commence with two of the smaller glasses, — the first an hour before or after a light breakfast; the second an hour before dinner daily, — and gradually to increase the quantity. After three or four weeks it will be desirable to discontinue their use for a few days, before resorting to the Grand Pump-Room; and then, beginning there with the smaller glasses, gradually to increase the quantity to three or more full-sized glasses daily, at stated intervals. By affording time between the periods of drinking, the effects of the Waters are better sustained than when the whole quantity prescribed is taken in the early part of the morning. By making also the temporary suspension before proceeding to the stronger Waters, the system is prevented from being too early or too powerfully acted upon, and the Patient returns to the use of the Waters in a more fit state for their beneficial effects, and

with a greater probability of deriving permanent benefit.

The Patient will also do well to drink the Waters leisurely,—remaining afterwards tranquil for a few minutes. In this way the Waters are better digested than when a quantity is taken hastily into the stomach.

As a test of the Waters acting beneficially, the drinker may expect to experience a gently cheering effect, with a general sense of warmth throughout the system, and increased appetite; and, if continued, they promote the action of the skin, (increasing its secretion,) as well as of other organs, particularly the kidneys. Frequently, however, no sensible effect is produced upon patients, who nevertheless eventually derive great benefit from their use.

Should the patient, after having prepared the system by aperients as directed, experience headache, giddiness, flushings, or throbbing of the

temples, the use of the Waters had better be discontinued.

The following remarks deserve the especial attention of all who resort to the Waters as a means of health.

Some persons, finding no sensible alteration in themselves at the end of a few days, not unfrequently leave off the use of the Waters abruptly, and report that they have been of no service; others, though using the Waters for a longer period, yet, acting upon their own responsibility, frequently adopt improper methods of employing them, and are disappointed at the result; others again there are, who, though employing the Waters in a proper manner, are yet so under the influence of habit, that they do not make the requisite change in their diet and mode of living, but continue to pursue the same system, which tended, perhaps, originally to produce and keep up their disorder. A high German authority on the subject has said,

that “ whoever comes to the Water, and will be cured, must *will* it in earnest ;” and it behoves every Invalid, who wishes to give the Mineral Springs a fair chance, to bear constantly in mind the object that brought him there, and not suffer himself to be led to act improperly by the influence of habit or example.

It is likewise requisite that the Patient who expects to derive advantage from the Waters should keep his mind as free as possible from care and anxiety. Equanimity of temper should be preserved, and all exciting causes carefully avoided. He should also avail himself of the resources for amusement, and the facilities for associating with others, which this City pre-eminently affords. By these means the beneficial action of the Waters is sure to be materially promoted: —

“ To please the fancy is no trifling good,
Where health is studied ; for whatever moves
The mind with calm delight, promotes the just
And natural movements of the harmonious frame.”

With regard to Diet, the drinker must abstain from such articles as are found to disagree, being careful never to overload the stomach. As a general rule, the articles which will be best adapted to a person using the Waters will be, fish plainly dressed, roast and boiled meats, poultry or game, well-cooked vegetables, farinaceous puddings, and ripe soft fruit, as strawberries; whilst pickles, cold vegetables, salted and dried meats, highly-seasoned dishes, and strong wines, should be avoided.

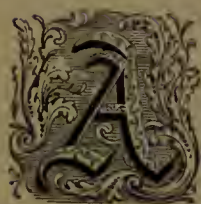
The best criterion of a dinner not having disagreed is, that a person feels himself light and comfortable afterwards, and not flushed and excited for the remainder of the day.

In some cases, little perceptible effect is experienced during the employment of the Waters, but becomes apparent after they have been for some time discontinued. When this is the case, or when a degree of alleviation has been afforded to a long and deep-seated disease, it would be

advisable for the Patient to resume them the following season, as it can scarcely be expected that complaints which have existed for months or years, should be at once removed by a few weeks' course of Mineral Waters.

The Invalid, under these circumstances, should therefore be contented with the proofs he has already received, that the Waters have been of benefit; and may, in most instances, look forward with confidence to a removal of the disease, or at least to a greater degree of amelioration, on resuming their use in the following year.

ADVICE TO INVALIDS USING THE BATHS.



W A R M Bath, when intended to produce increased perspiration, is best employed in the evening, when the immersion should not exceed ten minutes, and the Patient should be removed as quickly as possible from the bath to a warm bed.

When it is not intended to excite perspiration, any time, from an hour after breakfast till dinner, will be proper. In these cases, the Bathing may be protracted to fifteen or twenty minutes, according to the feelings of the Patient. Gentle exercise, in the open air or Pump-room, should afterwards be employed.

In returning from a bath, the *Invalid* should pay proper attention to Clothing, which should

be light, yet sufficiently warm ; as the skin, being rendered more soft and moist from perspiration after bathing, is more liable to be affected by atmospheric changes. Those, therefore, who are unable or disinclined to walk, and return in a carriage or on horseback, should take with them an extra garment to put on, in the event of feeling chilled ; since, without this precaution, the advantages which would otherwise be derived from bathing may be defeated.

Certain intractable cases which resist the use of the Mineral Waters, may frequently be relieved by the employment of the Vapour Bath. The utility of this application is obvious in all cases of internal inflammation ; it draws a large quantity of blood to the surface, relieves the internal parts by the secretions of the skin and increased perspiration, and induces other and highly beneficial effects on the entire system.

Every Bath is furnished with a thermometer ;

and attention should be paid to the proper temperature, which should not be too high, as sometimes headache is liable to be induced; the mind of the bather should also be kept as tranquil as possible.

The idea that natural Warm Baths are debilitating, is a popular error; since the reverse is proved to be the fact, as Invalids invariably find themselves greatly braced and strengthened by their regular use. That this is the decided tendency of the Waters, may be instanced by the fact, that the Guides, who are immersed to the neck for several hours daily, are generally a vigorous and long-lived race of people.

Finis.

